

▲ Serve images in next-gen formats

5.1 s ^

Image formats like WebP and AVIF often provide better compression than PNG or JPEG, which means faster downloads and less data consumption. [Learn more](#).



Consider using a [plugin](#) or service that will automatically convert your uploaded images to the optimal formats.

	URL	Resource Size	Potential Savings
body.home			
<body class="home blog	...		
customizer-styles-applied	04/p5023633.jpg (afalapalma.files.wordpress.	1,989.7 KiB	968.0 KiB
mobile-theme infinite-	com)		
scroll">			

URL	Resource Size	Potential Savings
 div.entry-content > div.wp-block-image > figure.aligncenter > img.wp-image-2788 	...03/logopedia-proy-disa-2022-3.jpg (afalapalma.files.wordpress.com)	133.0 KiB 49.4 KiB

▲ Reduce unused JavaScript

1.3 s ^

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity. [Learn more](#). LCP



Consider reducing, or switching, the number of [WordPress plugins](#) loading unused JavaScript in your page. To identify plugins that are adding extraneous JS, try running [code coverage](#) in Chrome DevTools. You can identify the theme/plugin responsible from the URL of the script. Look out for plugins that have many scripts in the list which have a lot of red in code coverage. A plugin should only enqueue a script if it is actually used on the page.

URL	Transfer Size	Potential Savings
...4678/pwt.js (ads.pubmatic.com)	54.6 KiB	30.2 KiB
/2.36.216.../ata.js (c0.pubmine.com)	53.6 KiB	26.9 KiB
/_static/?... (s0.wp.com)	39.4 KiB	24.3 KiB
/_static/?... (s0.wp.com)	33.7 KiB	23.0 KiB

■ Eliminate render-blocking resources

0.65 s ^

Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles. [Learn more.](#) [FCP](#) [LCP](#)



There are a number of WordPress plugins that can help you [inline critical assets](#) or [defer less important resources](#). Beware that optimizations provided by these plugins may break features of your theme or plugins, so you will likely need to make code changes.

URL	Transfer Size	Potential Savings
/_static/?... (s0.wp.com)	30.0 KiB	1,080 ms
/_static/?... (s0.wp.com)	39.4 KiB	450 ms

▲ Reduce initial server response time

0.51 s ^

Keep the server response time for the main document short because all other requests depend on it. [Learn more.](#) [FCP](#) [LCP](#)



Themes, plugins, and server specifications all contribute to server response time. Consider finding a more optimized theme, carefully selecting an optimization plugin, and/or upgrading your server.

URL	Time Spent
https://afalapalma.net	610 ms

■ Reduce unused CSS

0.44 s ^

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity. [Learn more.](#) [FCP](#) [LCP](#)

Consider reducing, or switching, the number of [WordPress plugins](#) loading unused CSS in your page. To identify plugins that are adding extraneous CSS, try running code coverage in



Chrome DevTools. You can identify the theme/plugin responsible from the URL of the stylesheet. Look out for plugins that have many stylesheets in the list which have a lot of red in code coverage. A plugin should only enqueue a stylesheet if it is actually used on the page.

URL	Transfer Size	Potential Savings
/_static/?... (s0.wp.com)	30.0 KiB	29.6 KiB

These suggestions can help your page load faster. They don't directly affect the Performance score.

DIAGNOSTICS

▲ Minimize main-thread work — 18.8 s

^

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this. [Learn more](#) TBT

Category	Time Spent
Script Evaluation	7,150 ms
Style & Layout	3,778 ms
Other	3,013 ms
Rendering	2,498 ms
Script Parsing & Compilation	1,833 ms
Parse HTML & CSS	428 ms
Garbage Collection	99 ms

▲ Ensure text remains visible during webfont load

^

Leverage the font-display CSS feature to ensure text is user-visible while webfonts are loading. [Learn more](#). FCP LCP

URL	Potential Savings
...fonts/genericons-regular-webfont.woff (s0.wp.com)	10 ms

Reduce the impact of third-party code — Third-party code blocked the main thread for

7,390 ms

Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading.

[Learn more.](#) TBT

Third-Party	Transfer Size	Main-Thread Blocking Time
<u>WordAds</u>	60 KiB	1,837 ms
/2.36.216.../ata.js (c0.pubmine.com)	54 KiB	1,584 ms
/match?bidder_id=... (s.pubmine.com)	0 KiB	253 ms
Other resources	6 KiB	0 ms
<u>Pubmatic</u>	67 KiB	1,429 ms
...4678/pwt.js (ads.pubmatic.com)	55 KiB	984 ms
...js/user_sync.html?p=156204&gdpr=0&gdpr_consent= (ads.pubmatic.com)	6 KiB	258 ms
...js/user_sync.html?gdpr=... (ads.pubmatic.com)	6 KiB	187 ms
<u>Skimbit</u>	21 KiB	1,165 ms
/js/725X1342.skimlinks.js (s.skimresources.com)	19 KiB	1,165 ms
<u>Index Exchange</u>	9 KiB	951 ms
/usermatch?cb=... (ssum-sec.casalemedia.com)	3 KiB	951 ms
Other resources	6 KiB	0 ms
<u>Google Analytics</u>	18 KiB	643 ms
/ga.js (ssl.google-analytics.com)	17 KiB	643 ms
<u>AppNexus</u>	3 KiB	485 ms
/getuid?https://cs.emxdgt.com/umcheck?apnxd=... (ib.adnxs.com)	1 KiB	485 ms
<u>Media.net</u>	8 KiB	303 ms
/checksync.php?cid=8CU8HDVRS&cs=13 (contextual.media.net)	8 KiB	303 ms
<u>WordPress Site Stats</u>	5 KiB	257 ms
/w.js?63 (stats.wp.com)	4 KiB	257 ms
<u>Adyoulike</u>	0 KiB	215 ms
/visitor/bsync?uid=... (visitor.omnitagjs.com)	0 KiB	215 ms
<u>WordPress</u>	2,588 KiB	105 ms
/_static/?... (s0.wp.com)	34 KiB	93 ms

Third-Party	Transfer Size	Main-Thread Blocking Time
/_static/?... (s0.wp.com)	39 KiB	12 ms
...04/p5023633.jpg (afalapalma.files.wordpress.com)	1,990 KiB	0 ms
...02/cartel-libro-olvido-y-soledad.png? w=768 (afalapalma.files.wordpress.com)	206 KiB	0 ms
...03/logopedia-proy-disa-2022- 3.jpg (afalapalma.files.wordpress.com)	133 KiB	0 ms
Other resources	186 KiB	0 ms
<u>Rubicon Project</u>	16 KiB	0 ms
/usync.js (eus.rubiconproject.com)	10 KiB	0 ms
Other resources	7 KiB	0 ms
<u>Amazon Ads</u>	7 KiB	0 ms
<u>Google/DoubleClick Ads</u>	6 KiB	0 ms
Teads	6 KiB	0 ms
/analytics/tag.js (a.teads.tv)	5 KiB	0 ms
<u>Bidswitch</u>	5 KiB	0 ms
<u>Yahoo!</u>	3 KiB	0 ms
<u>Gravatar</u>	2 KiB	0 ms
TripleLift	1 KiB	0 ms
Admedo	1 KiB	0 ms
<u>Criteo</u>	1 KiB	0 ms
Beeswax	1 KiB	0 ms
<u>The Trade Desk</u>	1 KiB	0 ms
Rocket Fuel	1 KiB	0 ms
LinkedIn Ads	1 KiB	0 ms
<u>LiveRamp IdentityLink</u>	1 KiB	0 ms
<u>Media Math</u>	1 KiB	0 ms
<u>EMX Digital</u>	1 KiB	0 ms
Sonobi	1 KiB	0 ms
Smart AdServer	0 KiB	0 ms

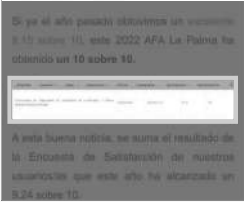
Third-Party	Transfer Size	Main-Thread Blocking Time
Crowd Control	0 KiB	0 ms
OpenX	0 KiB	0 ms
33 Across	0 KiB	0 ms
InMobi	0 KiB	0 ms

▲ Image elements do not have explicit width and height

^

Set an explicit width and height on image elements to reduce layout shifts and improve CLS. [Learn more](#) CLS

	URL
<pre>header#branding > div#header-img > a > img </pre>	<pre>...04/cropped-logo-afa- horizontal.jpg (afalapalma.files.wordpress.com)</pre>
<pre>div.entry-content > div.wp-block-image > figure.aligncenter > img.wp-image-2779 </pre>	<pre>...02/cartel-libro-olvido-y-soledad.png? w=768 (afalapalma.files.wordpress.com)</pre>

URL	
 div.entry-content > div.wp-block-image > figure.aligncenter > img.wp-image-2804
	...03/valoracion-transp-afa-la-palma-2020-2021-ii-1.jpg?w=1024 (afalapalma.files.wordpress.com)

▲ Reduce JavaScript execution time — 8.8 s

^

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this. [Learn more.](#) TBT

☒ Show 3rd-party resources (15)

URL	Total CPU Time	Script Evaluation	Script Parse
https://afalapalma.net	6,490 ms	1,710 ms	327 ms
Unattributable	2,229 ms	15 ms	1 ms
/2.36.216.../ata.js (c0.pubmine.com)	1,936 ms	1,325 ms	231 ms
/js/725X1342.skimlinks.js (s.skimresources.com)	1,568 ms	1,485 ms	10 ms
...4678/pwt.js (ads.pubmatic.com)	1,176 ms	1,139 ms	14 ms
/usermatch?cb=... (ssum-sec.casalemedia.com)	1,088 ms	8 ms	5 ms
/ga.js (ssl.google-analytics.com)	802 ms	395 ms	4 ms
/getuid?https://cs.emxdgt.com/umcheck?apnxid=... (ib.adnxs.com)	616 ms	6 ms	268 ms
/checksync.php?cid=8CU8HDVRS&cs=13 (contextual.media.net)	396 ms	360 ms	13 ms

URL	Total CPU Time	Script Evaluation	Script Parse
...js/user_sync.html?p=156204&gdpr=0&gdpr_consent=(ads.pubmatic.com)	369 ms	314 ms	10 ms
/match?bidder_id=... (s.pubmine.com)	342 ms	7 ms	312 ms
/w.js?63 (stats.wp.com)	325 ms	17 ms	308 ms
...js/user_sync.html?gdpr=... (ads.pubmatic.com)	311 ms	35 ms	248 ms
/visitor/bsync?uid=... (visitor.omnitagjs.com)	293 ms	7 ms	5 ms
/_static/?... (s0.wp.com)	221 ms	47 ms	10 ms
/_static/?... (s0.wp.com)	91 ms	76 ms	10 ms
/usync.js (eus.rubiconproject.com)	88 ms	79 ms	4 ms

▲ Serve static assets with an efficient cache policy — 23 resources found



A long cache lifetime can speed up repeat visits to your page. [Learn more.](#)



Read about [Browser Caching in WordPress](#).

URL	Cache TTL	Transfer Size
...casale/YoKRfYvHQ...?gdpr_consent=&us_privacy=&gdpr= (pr-bh.ybp.yahoo.com)	None	1 KiB
/setuid?partner=rubiconDb&dbredirect=true&ruxId=L3919415-9-WH5 (px.ads.linkedin.com)	None	1 KiB
/px.gif?ch=1&rn=0.635... (p.skimresources.com)	None	0 KiB
/px.gif?ch=2&rn=0.635... (p.skimresources.com)	None	0 KiB
...v2/robots.txt?__skimjs_preflight__please_ignore__=... (t.skimresources.com)	None	0 KiB
/AdServer/PugMaster?sec=... (image6.pubmatic.com)	None	0 KiB
/blavatar/4a8c1f7...?s=... (secure.gravatar.com)	5 m	2 KiB
/js/725X1342.skimlinks.js (s.skimresources.com)	1 h	19 KiB
/ga.js (ssl.google-analytics.com)	2 h	17 KiB
/usync.js (eus.rubiconproject.com)	20 h 50 m 30 s	10 KiB

URL	Cache TTL	Transfer Size
...4678/pwt.js (ads.pubmatic.com)	22 h 57 m 12 s	55 KiB
...07/taller-fi....png?resize=40%2C40 (afalapalma.files.wordpress.com)	20 d 18 h 53 m 8 s	3 KiB
...02/calzado-p....png?resize=40%2C40 (afalapalma.files.wordpress.com)	22 d 13 h 43 m 43 s	2 KiB
...12/alimentar....jpg?resize=40%2C40 (afalapalma.files.wordpress.com)	23 d 18 h 55 m 25 s	1 KiB
...02/cartel-libro-olvido-y-soledad.png?w=768 (afalapalma.files.wordpress.com)	28 d 14 h 54 m 12 s	206 KiB
...06/ensalada-....jpg?resize=40%2C40 (afalapalma.files.wordpress.com)	30 d 17 h 59 m 51 s	2 KiB
...04/tarjeta-s....jpg?resize=40%2C40 (afalapalma.files.wordpress.com)	31 d 5 h 3 m 21 s	2 KiB
...03/valoracion-transp-afa-la-palma-2020-2021-ii-1.jpg?w=1024 (afalapalma.files.wordpress.com)	31 d 5 h 24 m 29 s	14 KiB
...12/masaje-fa....jpg?resize=40%2C40 (afalapalma.files.wordpress.com)	33 d 5 h 10 m 23 s	1 KiB
...04/p5023633.jpg (afalapalma.files.wordpress.com)	33 d 8 h 7 m 39 s	1,990 KiB
...04/cropped-logo-afa-horizontal.jpg (afalapalma.files.wordpress.com)	33 d 17 h 19 m 54 s	38 KiB
...03/logopedia-proy-disa-2022-3.jpg (afalapalma.files.wordpress.com)	33 d 19 h 58 m 53 s	133 KiB
...03/foto-transparencia-2021-1.jpg (afalapalma.files.wordpress.com)	37 d 10 h 26 m 3 s	56 KiB

▲ First Contentful Paint (3G) — 4636 ms



First Contentful Paint 3G marks the time at which the first text or image is painted while on a 3G network. [Learn more.](#)

■ Avoid enormous network payloads — Total size was 2,874 KiB



Large network payloads cost users real money and are highly correlated with long load times.

[Learn more.](#) [LCP](#)



Consider showing excerpts in your post lists (e.g. via the more tag), reducing the number of posts shown on a given page, breaking your long posts into multiple pages, or using a plugin to lazy-load comments.

☒ Show 3rd-party resources (9)

URL	Transfer Size
...04/p5023633.jpg (afalapalma.files.wordpress.com)	1,990.1 KiB
...02/cartel-libro-olvido-y-soledad.png?w=768 (afalapalma.files.wordpress.com)	205.8 KiB
...03/logopedia-proy-disa-2022-3.jpg (afalapalma.files.wordpress.com)	133.4 KiB
...03/foto-transparencia-2021-1.jpg (afalapalma.files.wordpress.com)	55.8 KiB
...4678/pwt.js (ads.pubmatic.com)	54.6 KiB
/2.36.216.../ata.js (c0.pubmine.com)	53.6 KiB
/_static/?... (s0.wp.com)	39.4 KiB
...04/cropped-logo-afa-horizontal.jpg (afalapalma.files.wordpress.com)	38.3 KiB
/_static/?... (s0.wp.com)	33.7 KiB
https://afalapalma.net	32.6 KiB

☐ Avoid chaining critical requests — 8 chains found

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load. [Learn more.](#) [FCP](#) [LCP](#)

Maximum critical path latency: **13,000 ms**

Initial Navigation



...	...h4/global.css?m=142...h&cssminify=yes (s0.wp.com) - 90 ms, 0.50 KiB
...	/_static/??-eJyFy00O.../kwOdCHDWQ...+rpbL+lvP34=?cssminify=yes (s0.wp.com) - 10 ms, 7.20 KiB
...	...actionbar/actionbar.css?v=20210915 (s0.wp.com) - 90 ms, 3.31 KiB

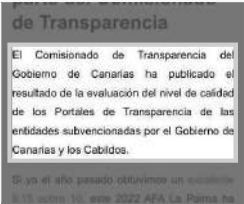
Keep request counts low and transfer sizes small — 140 requests • 2,874 KiB

To set budgets for the quantity and size of page resources, add a budget.json file. [Learn more.](#)

Resource Type	Requests	Transfer Size
Total	140	2,873.7 KiB
Image	46	2,468.2 KiB
Script	15	250.7 KiB
Document	19	61.2 KiB
Stylesheet	5	48.0 KiB
Other	54	36.7 KiB
Font	1	8.9 KiB
Media	0	0.0 KiB
Third-party	138	2,838.7 KiB

Largest Contentful Paint element — 1 element found

This is the largest contentful element painted within the viewport. [Learn More](#) LCP

Element	
	El Comisionado de Transparencia del Gobierno de Canarias ha publicado el result... <pre><p class="has-text-align-justify has-black-color has-text-color" data-adtags-visited="true"></pre>

Avoid large layout shifts — 1 element found

These DOM elements contribute most to the CLS of the page. CLS

Element	CLS Contribution

Element	CLS Contribution
AFA La Palma recibe la máxima calificación por parte del Comisionado de Transpa... <div id="page" class="hfeed">	0.121

○ Avoid long main-thread tasks — 20 long tasks found



Lists the longest tasks on the main thread, useful for identifying worst contributors to input delay.

[Learn more](#) TBT

☒ Show 3rd-party resources (12)

URL	Start Time	Duration
/2.36.216.../ata.js (c0.pubmine.com)	6,649 ms	929 ms
https://afalapalma.net	1,313 ms	843 ms
...4678/pwt.js (ads.pubmatic.com)	11,999 ms	832 ms
Unattributable	6,172 ms	477 ms
https://afalapalma.net	3,749 ms	444 ms
/js/725X1342.skimlinks.js (s.skimresources.com)	14,048 ms	426 ms
https://afalapalma.net	2,522 ms	410 ms
/ga.js (ssl.google-analytics.com)	4,886 ms	401 ms
/_static/?... (s0.wp.com)	5,287 ms	387 ms
https://afalapalma.net	930 ms	383 ms
/_static/?... (s0.wp.com)	3,373 ms	376 ms
https://afalapalma.net	4,193 ms	376 ms
/usermatch?cb=... (ssum-sec.casalemedia.com)	9,953 ms	375 ms
/checksync.php?cid=8CU8HDVRS&cs=13 (contextual.media.net)	9,588 ms	365 ms
/match?bidder_id=... (s.pubmine.com)	8,403 ms	341 ms
/js/725X1342.skimlinks.js (s.skimresources.com)	13,705 ms	335 ms
https://afalapalma.net	9,237 ms	334 ms
/usermatch?cb=... (ssum-sec.casalemedia.com)	8,744 ms	331 ms

URL	Start Time	Duration
/js/725X1342.skimlinks.js (s.skimresources.com)	14,753 ms	331 ms
Unattributable	2,156 ms	321 ms

More information about the performance of your application. These numbers don't directly affect the Performance score.

PASSED AUDITS (22)

Hide

● Properly size images — Potential savings of 16 KiB

^

Serve images that are appropriately-sized to save cellular data and improve load time. [Learn more](#).

Upload images directly through the [media library](#) to ensure that the required image sizes are available, and then insert them from the media library or use the image widget to ensure the optimal image sizes are used (including those for the responsive breakpoints). Avoid using `Full Size` images unless the dimensions are adequate for their usage. [Learn More](#).

URL	Resource Size	Potential Savings
-----	---------------	-------------------

URL	Resource Size	Potential Savings
 div.entry-content > div.wp-block-image > figure.aligncenter > img.wp-image-2800 	...03/foto-transparencia-2021-1.jpg (afalapalma.files.wordpress.com)	55.4 KiB 16.2 KiB

● **Defer offscreen images** — Potential savings of 1,739 KiB

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive. [Learn more](#).



Install a [lazy-load WordPress plugin](#) that provides the ability to defer any offscreen images, or switch to a theme that provides that functionality. Also consider using [the AMP plugin](#).

URL	Resource Size	Potential Savings
body.home <body class="home blog ... customizer-styles-applied 04/p5023633.jpg (afalapalma.files.wordpress. mobile-theme infinite- com) scroll">	1,989.7 KiB	1,739.1 KiB

● Minify CSS

Minifying CSS files can reduce network payload sizes. [Learn more.](#) FCP LCP



A number of [WordPress plugins](#) can speed up your site by concatenating, minifying, and compressing your styles. You may also want to use a build process to do this minification up-front if possible.

● Minify JavaScript — Potential savings of 12 KiB

Minifying JavaScript files can reduce payload sizes and script parse time. [Learn more.](#) FCP LCP



A number of [WordPress plugins](#) can speed up your site by concatenating, minifying, and compressing your scripts. You may also want to use a build process to do this minification up front if possible.

URL	Transfer Size	Potential Savings
/_static/?... (s0.wp.com)	33.7 KiB	12.4 KiB

● Efficiently encode images — Potential savings of 8 KiB

Optimized images load faster and consume less cellular data. [Learn more.](#)



Consider using an [image optimization WordPress plugin](#) that compresses your images while retaining quality.

URL	Resource Size	Potential Savings
-----	---------------	-------------------

<https://googlechrome.github.io/lighthouse/viewer/?psiurl=https%3A%2F%2Fafalpalma.net%2F&strategy=mobile&category=performance&cate...> 18/42

Consider adding `preconnect` or `dns-prefetch` resource hints to establish early connections to important third-party origins. [Learn more.](#) FCP LCP

● Avoid multiple page redirects ^

Redirects introduce additional delays before the page can be loaded. [Learn more.](#) FCP LCP

○ Preload key requests ^

Consider using `` to prioritize fetching resources that are currently requested later in page load. [Learn more.](#) FCP LCP

● Use video formats for animated content ^

Large GIFs are inefficient for delivering animated content. Consider using MPEG4/WebM videos for animations and PNG/WebP for static images instead of GIF to save network bytes. [Learn more](#) LCP



Consider uploading your GIF to a service which will make it available to embed as an HTML5 video.

● Remove duplicate modules in JavaScript bundles ^

Remove large, duplicate JavaScript modules from bundles to reduce unnecessary bytes consumed by network activity. TBT

● Avoid serving legacy JavaScript to modern browsers — Potential savings of 22 KiB ^

Polyfills and transforms enable legacy browsers to use new JavaScript features. However, many aren't necessary for modern browsers. For your bundled JavaScript, adopt a modern script deployment strategy using module/nomodule feature detection to reduce the amount of code shipped to modern browsers, while retaining support for legacy browsers. [Learn More](#) TBT

☐ Show 3rd-party resources (3)

URL	Potential Savings
-----	-------------------

● Preload Largest Contentful Paint image ^

Preload the image used by the LCP element in order to improve your LCP time. [Learn more.](#) **LCP**

● Avoids an excessive DOM size — 761 elements ^

A large DOM will increase memory usage, cause longer [style calculations](#), and produce costly [layout reflows](#). [Learn more.](#) **TBT**

Statistic	Element	Value
Total DOM Elements		761
Maximum DOM Depth	Correo electrónico (Obligatorio) <label for="jp-carousel-comment-form-email-field">	13
Maximum Child Elements	Elegir el mes marzo 2022 febrero 2022 enero 2022 diciembre 2021 septiembre 2021... <select id="archives-dropdown-3" name="archive-dropdown">	84

○ User Timing marks and measures ^

Consider instrumenting your app with the User Timing API to measure your app's real-world performance during key user experiences. [Learn more.](#)

○ Lazy load third-party resources with facades ^

Some third-party embeds can be lazy loaded. Consider replacing them with a facade until they are required. [Learn more.](#) **TBT**

○ Largest Contentful Paint image was not lazily loaded ^

Above-the-fold images that are lazily loaded render later in the page lifecycle, which can delay the largest contentful paint. [Learn more.](#)

● Uses passive listeners to improve scrolling performance ^

Consider marking your touch and wheel event listeners as `passive` to improve your page's scroll performance. [Learn more.](#)

● Avoids `document.write()` ^

For users on slow connections, external scripts dynamically injected via `document.write()` can delay page load by tens of seconds. [Learn more.](#)

○ Avoid non-composited animations



Animations which are not composited can be janky and increase CLS. [Learn more](#) CLS

● Has a `<meta name="viewport">` tag with width or initial-scale



A `<meta name="viewport">` not only optimizes your app for mobile screen sizes, but also prevents [a 300 millisecond delay to user input](#). [Learn more](#). TBT

● Avoids `unload` event listeners



The `unload` event does not fire reliably and listening for it can prevent browser optimizations like the Back-Forward Cache. Use `pagehide` or `visibilitychange` events instead. [Learn more](#)



Accessibility

These checks highlight opportunities to [improve the accessibility of your web app](#). Only a subset of accessibility issues can be automatically detected so manual testing is also encouraged.

ARIA

▲ ARIA IDs are not unique



The value of an ARIA ID must be unique to prevent other instances from being overlooked by assistive technologies. [Learn more](#).

Failing Elements

Failing Elements



```
div.menu-search > div.search-form > form#searchform > input#s
<input type="text" class="field" name="s" id="s"
placeholder="Buscar">
```

```
div#secondary > aside#search-3 > form#searchform > input#s
<input type="text" class="field" name="s" id="s" placeholder="Buscar">
```

These are opportunities to improve the usage of ARIA in your application which may enhance the experience for users of assistive technology, like a screen reader.

NAMES AND LABELS

▲ Links do not have a discernible name



Link text (and alternate text for images, when used as links) that is discernible, unique, and focusable improves the navigation experience for screen reader users. [Learn more](#).

Failing Elements



```
div#wrapper > header#branding > div#header-img > a
<a href="https://afalapalma.net/">
```

```
div#main > div#secondary > aside#media_image-2 > a
<a href="https://afalapalma.files.wordpress.com/2021/06/certificado-iso-9001-2015.-...">
```

```
div#main > div#secondary > aside#media_image-55 > a
<a href="https://afalapalma.net/acerca-de/proyectos-vigentes/">
```

```
div#main > div#secondary > aside#media_image-64 > a
<a href="https://afalapalma.net/acerca-de/proyectos-vigentes/">
```

```
div#main > div#secondary > aside#media_image-53 > a
<a href="https://afalapalma.net/2021/06/23/cabildo-destina-169-200-euros-afa-la-pal...">
```

```
div#main > div#secondary > aside#media_image-65 > a
<a href="https://afalapalma.net/2021/06/23/cabildo-destina-169-200-euros-afa-la-pal...">
```

```
div#main > div#secondary > aside#media_image-52 > a
<a href="https://afalapalma.net/acerca-de/proyectos-vigentes/">
```

```
div#main > div#secondary > aside#media_image-49 > a
<a href="https://afalapalma.net/acerca-de/proyectos-vigentes/">
```

Failing Elements

div#main > div#secondary > aside#media_image-51 > a

div#main > div#secondary > aside#media_image-66 > a

div#main > div#secondary > aside#media_image-62 > a

div#main > div#secondary > aside#media_image-44 > a

div#main > div#secondary > aside#media_image-60 > a

div#main > div#secondary > aside#media_image-67 > a

div#main > div#secondary > aside#media_image-68 > a

div#main > div#secondary > aside#media_image-69 > a

div#main > div#secondary > aside#media_image-70 > a

div#main > div#secondary > aside#media_image-63 > a

div#main > div#secondary > aside#media_image-56 > a

div#main > div#secondary > aside#media_image-54 > a

These are opportunities to improve the semantics of the controls in your application. This may enhance the experience for users of assistive technology, like a screen reader.

NAVIGATION

 Heading elements are not in a sequentially-descending order

Properly ordered headings that do not skip levels convey the semantic structure of the page, making it easier to navigate and understand when using assistive technologies. [Learn more.](#)

Failing Elements

Failing Elements

EMPRESAS SOCIALMENTE RESPONSABLES

```
<h3 class="widget-title">
```

These are opportunities to improve keyboard navigation in your application.

ADDITIONAL ITEMS TO MANUALLY CHECK (10)

Hide

☐ The page has a logical tab order

Tabbing through the page follows the visual layout. Users cannot focus elements that are offscreen. [Learn more.](#)

☐ Interactive controls are keyboard focusable

Custom interactive controls are keyboard focusable and display a focus indicator. [Learn more.](#)

☐ Interactive elements indicate their purpose and state

Interactive elements, such as links and buttons, should indicate their state and be distinguishable from non-interactive elements. [Learn more.](#)

☐ The user's focus is directed to new content added to the page

If new content, such as a dialog, is added to the page, the user's focus is directed to it. [Learn more.](#)

☐ User focus is not accidentally trapped in a region

A user can tab into and out of any control or region without accidentally trapping their focus. [Learn more.](#)

☐ Custom controls have associated labels

Custom interactive controls have associated labels, provided by aria-label or aria-labelledby. [Learn more.](#)

☐ Custom controls have ARIA roles

Custom interactive controls have appropriate ARIA roles. [Learn more.](#)

☐ Visual order on the page follows DOM order

DOM order matches the visual order, improving navigation for assistive technology. [Learn more.](#)

☐ Offscreen content is hidden from assistive technology ^

Offscreen content is hidden with `display: none` or `aria-hidden=true`. [Learn more.](#)

☐ HTML5 landmark elements are used to improve navigation ^

Landmark elements (`<main>`, `<nav>`, etc.) are used to improve the keyboard navigation of the page for assistive technology. [Learn more.](#)

These items address areas which an automated testing tool cannot cover. Learn more in our guide on [conducting an accessibility review](#).

PASSED AUDITS (17)

Hide

☒ [aria-*] attributes match their roles ^

Each ARIA `role` supports a specific subset of `aria-\*` attributes. Mismatching these invalidates the `aria-\*` attributes. [Learn more.](#)

☒ [aria-hidden="true"] is not present on the document `<body>` ^

Assistive technologies, like screen readers, work inconsistently when `aria-hidden="true"` is set on the document `<body>`. [Learn more.](#)

☒ [role]s have all required [aria-*] attributes ^

Some ARIA roles have required attributes that describe the state of the element to screen readers. [Learn more.](#)

☒ [role] values are valid ^

ARIA roles must have valid values in order to perform their intended accessibility functions. [Learn more.](#)

☒ [aria-*] attributes have valid values ^

Assistive technologies, like screen readers, can't interpret ARIA attributes with invalid values. [Learn more.](#)

● [aria-*) attributes are valid and not misspelled ^

Assistive technologies, like screen readers, can't interpret ARIA attributes with invalid names. [Learn more.](#)

● Buttons have an accessible name ^

When a button doesn't have an accessible name, screen readers announce it as "button", making it unusable for users who rely on screen readers. [Learn more.](#)

● Image elements have [alt] attributes ^

Informative elements should aim for short, descriptive alternate text. Decorative elements can be ignored with an empty alt attribute. [Learn more.](#)

● Form elements have associated labels ^

Labels ensure that form controls are announced properly by assistive technologies, like screen readers. [Learn more.](#)

● [user-scalable="no"] is not used in the <meta name="viewport"> element and the [maximum-scale] attribute is not less than 5. ^

Disabling zooming is problematic for users with low vision who rely on screen magnification to properly see the contents of a web page. [Learn more.](#)

● The page contains a heading, skip link, or landmark region ^

Adding ways to bypass repetitive content lets keyboard users navigate the page more efficiently. [Learn more.](#)

● Background and foreground colors have a sufficient contrast ratio ^

Low-contrast text is difficult or impossible for many users to read. [Learn more.](#)

● Document has a `<title>` element ^

The title gives screen reader users an overview of the page, and search engine users rely on it heavily to determine if a page is relevant to their search. [Learn more.](#)

● `<html>` element has a `[lang]` attribute ^

If a page doesn't specify a lang attribute, a screen reader assumes that the page is in the default language that the user chose when setting up the screen reader. If the page isn't actually in the default language, then the screen reader might not announce the page's text correctly. [Learn more.](#)

● `<html>` element has a valid value for its `[lang]` attribute ^

Specifying a valid [BCP 47 language](#) helps screen readers announce text properly. [Learn more.](#)

● Lists contain only `<li>` elements and script supporting elements (`<script>` and `<template>`). ^

Screen readers have a specific way of announcing lists. Ensuring proper list structure aids screen reader output. [Learn more.](#)

● List items (`<li>`) are contained within `<ul>` or `<ol>` parent elements ^

Screen readers require list items (`<li>`) to be contained within a parent `<ul>` or `<ol>` to be announced properly. [Learn more.](#)

NOT APPLICABLE (24)

Hide

○ `[accesskey]` values are unique ^

Access keys let users quickly focus a part of the page. For proper navigation, each access key must be unique. [Learn more.](#)

**button, link, and menuitem elements have accessible names**

When an element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn more.](#)

**[aria-hidden="true"] elements do not contain focusable descendents**

Focusable descendents within an `[aria-hidden="true"]` element prevent those interactive elements from being available to users of assistive technologies like screen readers. [Learn more.](#)

**ARIA input fields have accessible names**

When an input field doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn more.](#)

**ARIA meter elements have accessible names**

When an element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn more.](#)

**ARIA progressbar elements have accessible names**

When a `progressbar` element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn more.](#)

**Elements with an ARIA [role] that require children to contain a specific [role] have all required children.**

Some ARIA parent roles must contain specific child roles to perform their intended accessibility functions. [Learn more.](#)

**[role]s are contained by their required parent element**

Some ARIA child roles must be contained by specific parent roles to properly perform their intended accessibility functions. [Learn more.](#)

**ARIA toggle fields have accessible names**

When a toggle field doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn more.](#)

**ARIA tooltip elements have accessible names**

When an element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn more.](#)

☐ ARIA `treeitem` elements have accessible names ^

When an element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn more.](#)

☐ `<dl>`'s contain only properly-ordered `<dt>` and `<dd>` groups, `<script>`, `<template>` or `<div>` elements. ^

When definition lists are not properly marked up, screen readers may produce confusing or inaccurate output. [Learn more.](#)

☐ Definition list items are wrapped in `<dl>` elements ^

Definition list items (`<dt>` and `<dd>`) must be wrapped in a parent `<dl>` element to ensure that screen readers can properly announce them. [Learn more.](#)

☐ `[id]` attributes on active, focusable elements are unique ^

All focusable elements must have a unique `id` to ensure that they're visible to assistive technologies. [Learn more.](#)

☐ No form fields have multiple labels ^

Form fields with multiple labels can be confusingly announced by assistive technologies like screen readers which use either the first, the last, or all of the labels. [Learn more.](#)

☐ `<frame>` or `<iframe>` elements have a title ^

Screen reader users rely on frame titles to describe the contents of frames. [Learn more.](#)

☐ `<input type="image">` elements have `[alt]` text ^

When an image is being used as an `<input>` button, providing alternative text can help screen reader users understand the purpose of the button. [Learn more.](#)

☐ The document does not use `<meta http-equiv="refresh">` ^

Users do not expect a page to refresh automatically, and doing so will move focus back to the top of the page. This may create a frustrating or confusing experience. [Learn more.](#)



<object> elements have alternate text



Screen readers cannot translate non-text content. Adding alternate text to ``<object>`` elements helps screen readers convey meaning to users. [Learn more](#).



No element has a `[tabindex]` value greater than 0



A value greater than 0 implies an explicit navigation ordering. Although technically valid, this often creates frustrating experiences for users who rely on assistive technologies. [Learn more](#).



Cells in a `<table>` element that use the `[headers]` attribute refer to table cells within the same table.



Screen readers have features to make navigating tables easier. Ensuring ``<td>`` cells using the `[headers]` attribute only refer to other cells in the same table may improve the experience for screen reader users. [Learn more](#).



`<th>` elements and elements with `[role="columnheader"/"rowheader"]` have data cells they describe.



Screen readers have features to make navigating tables easier. Ensuring table headers always refer to some set of cells may improve the experience for screen reader users. [Learn more](#).



`[lang]` attributes have a valid value



Specifying a valid [BCP 47 language](#) on elements helps ensure that text is pronounced correctly by a screen reader. [Learn more](#).



`<video>` elements contain a `<track>` element with `[kind="captions"]`



When a video provides a caption it is easier for deaf and hearing impaired users to access its information. [Learn more](#).



Report generated by Lighthouse

Best Practices

GENERAL

▲ Browser errors were logged to the console ^

Errors logged to the console indicate unresolved problems. They can come from network request failures and other browser concerns. [Learn more](#)

Source	Description
...v2/930.json:1:0 (id5-sync.com)	Failed to load resource: net::ERR_CONNECTION_FAILED
/709414.gif:1:0 (id.ricdn.com)	Failed to load resource: the server responded with a status of 451 (Unavailable For Legal Reasons)
...identity/envelope?pid=1258:1:0 (api.ricdn.com)	Failed to load resource: the server responded with a status of 451 (Unavailable For Legal Reasons)

○ Detected JavaScript libraries ^

All front-end JavaScript libraries detected on the page. [Learn more](#).

Name	Version
jQuery	3.6.0
WordPress	WordPress.com
core-js	core-js-global@3.6.5; core-js-pure@3.10.2

TRUST AND SAFETY

○ Ensure CSP is effective against XSS attacks ^

A strong Content Security Policy (CSP) significantly reduces the risk of cross-site scripting (XSS) attacks. [Learn more](#)

Description	Directive	Severity
No CSP found in enforcement mode		High

PASSED AUDITS (12)

Hide

● Uses HTTPS ^

All sites should be protected with HTTPS, even ones that don't handle sensitive data. This includes avoiding [mixed content](#), where some resources are loaded over HTTP despite the initial request being served over HTTPS. HTTPS prevents intruders from tampering with or passively listening in on the communications between your app and your users, and is a prerequisite for HTTP/2 and many new web platform APIs. [Learn more](#).

● Avoids requesting the geolocation permission on page load ^

Users are mistrustful of or confused by sites that request their location without context. Consider tying the request to a user action instead. [Learn more](#).

● Avoids requesting the notification permission on page load ^

Users are mistrustful of or confused by sites that request to send notifications without context. Consider tying the request to user gestures instead. [Learn more](#).

● Avoids front-end JavaScript libraries with known security vulnerabilities ^

Some third-party scripts may contain known security vulnerabilities that are easily identified and exploited by attackers. [Learn more](#).

● Allows users to paste into password fields ^

Preventing password pasting undermines good security policy. [Learn more](#).

● Displays images with correct aspect ratio ^

Image display dimensions should match natural aspect ratio. [Learn more](#).

● Serves images with appropriate resolution ^

Image natural dimensions should be proportional to the display size and the pixel ratio to maximize image clarity. [Learn more](#).

● Page has the HTML doctype ^

Specifying a doctype prevents the browser from switching to quirks-mode. [Learn more.](#)

● Properly defines charset ^

A character encoding declaration is required. It can be done with a ``<meta>`` tag in the first 1024 bytes of the HTML or in the Content-Type HTTP response header. [Learn more.](#)

● Avoids deprecated APIs ^

Deprecated APIs will eventually be removed from the browser. [Learn more.](#)

● No issues in the `Issues` panel in Chrome Devtools ^

Issues logged to the ``Issues`` panel in Chrome Devtools indicate unresolved problems. They can come from network request failures, insufficient security controls, and other browser concerns. Open up the Issues panel in Chrome DevTools for more details on each issue.

● Page has valid source maps ^

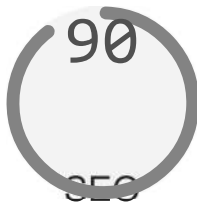
Source maps translate minified code to the original source code. This helps developers debug in production. In addition, Lighthouse is able to provide further insights. Consider deploying source maps to take advantage of these benefits. [Learn more.](#)

NOT APPLICABLE (1)

Hide

○ Fonts with `font-display: optional` are preloaded ^

Preload ``optional`` fonts so first-time visitors may use them. [Learn more](#)



These checks ensure that your page is following basic search engine optimization advice. There are many additional factors Lighthouse does not score here that may affect your search ranking, including performance on [Core Web Vitals](#). [Learn more](#).

CRAWLING AND INDEXING

▲ Links are not crawlable



Search engines may use `href` attributes on links to crawl websites. Ensure that the `href` attribute of anchor elements links to an appropriate destination, so more pages of the site can be discovered. [Learn More](#)

Uncrawlable Link

Seguir

```
<a class="actnbr-action actnbr-actn-follow " href="">
```

Siguiendo

```
<a class="actnbr-action actnbr-actn-following no-display" href="">
```

Seguir

```
<a class="actnbr-action actnbr-actn-follow " href="">
```

Siguiendo

```
<a class="actnbr-action actnbr-actn-following no-display" href="">
```

Contraer esta barra

```
<a href="">
```

...

```
<a class="jp-carousel-image-download" target="_blank" style="display: none;">
```

To appear in search results, crawlers need access to your app.

MOBILE FRIENDLY

■ Tap targets are not sized appropriately — 86% appropriately sized tap targets



Interactive elements like buttons and links should be large enough (48x48px), and have enough space around them, to be easy enough to tap without overlapping onto other elements. [Learn more](#).

Tap Target	Size	Overlapping Target
SCE <code></code>	23x12	Prevención <code></code>
AFA La Palma recibe la máxima calificación por parte del Comisionado de Transpa... <code></code>	307x15	«Tecnologías de Apoyo: Comunicación y Deglución en Demencias» <code></code>
«Tecnologías de Apoyo: Comunicación y Deglución en Demencias» <code></code>	313x15	Olvido y Soledad, un apoyo para AFA La Palma <code></code>
Olvido y Soledad, un apoyo para AFA La Palma <code></code>	273x15	23 familias de personas con Alzheimer y discapacidad intelectual de La Palma re... <code></code>
23 familias de personas con Alzheimer y discapacidad intelectual de La Palma re... <code></code>	312x15	Vales solidarios en Breña Alta <code></code>
RSS - Entradas <code></code>	90x15	RSS - Comentarios <code></code>

Tap Target	Size	Overlapping Target
Breña Baja 	52x12	Campañas Benéficas
SCE 	23x12	Terapias
La Palma 	51x20	Empresas Comprometidas Alzheimer
Los Llanos de Aridane 	111x12	Prevención
#AFALaPalma 	102x17	#fundaciongmp

Make sure your pages are mobile friendly so users don't have to pinch or zoom in order to read the content pages. [Learn more.](#)

ADDITIONAL ITEMS TO MANUALLY CHECK (1)

Hide

☐ Structured data is valid ^

Run the [Structured Data Testing Tool](#) and the [Structured Data Linter](#) to validate structured data. [Learn more.](#)

Run these additional validators on your site to check additional SEO best practices.

PASSED AUDITS (11)

Hide

☒ Has a `<meta name="viewport">` tag with width or initial-scale ^

A `<meta name="viewport">` not only optimizes your app for mobile screen sizes, but also prevents a [300 millisecond delay to user input](#). [Learn more.](#) TBT

☒ Document has a `<title>` element ^

The title gives screen reader users an overview of the page, and search engine users rely on it heavily to determine if a page is relevant to their search. [Learn more.](#)

☒ Document has a meta description ^

Meta descriptions may be included in search results to concisely summarize page content. [Learn more.](#)

☒ Page has successful HTTP status code ^

Pages with unsuccessful HTTP status codes may not be indexed properly. [Learn more.](#)

☒ Links have descriptive text ^

Descriptive link text helps search engines understand your content. [Learn more.](#)

☒ Page isn't blocked from indexing ^

Search engines are unable to include your pages in search results if they don't have permission to crawl them. [Learn more.](#)

☒ robots.txt is valid ^

If your robots.txt file is malformed, crawlers may not be able to understand how you want your website to be crawled or indexed. [Learn more](#).

● Image elements have [alt] attributes ^

Informative elements should aim for short, descriptive alternate text. Decorative elements can be ignored with an empty alt attribute. [Learn more](#).

● Document has a valid hreflang ^

hreflang links tell search engines what version of a page they should list in search results for a given language or region. [Learn more](#).

● Document uses legible font sizes — 99.84% legible text ^

Font sizes less than 12px are too small to be legible and require mobile visitors to “pinch to zoom” in order to read. Strive to have >60% of page text ≥12px. [Learn more](#).

Source	Selector	% of Page Text	Font Size
https://afalapalma.net		0.05%	10.6667px
https://afalapalma.net		0.04%	11.2959px
https://afalapalma.net		0.02%	11.2959px
https://afalapalma.net		0.02%	10.6667px

Source	Selector	% of Page Text	Font Size
https://afalapalma.net		0.02%	11.2959px
https://afalapalma.net		0.01%	10.6667px
https://afalapalma.net		0.01%	11.2959px
Legible text		99.84%	≥ 12px

Document avoids plugins

Search engines can't index plugin content, and many devices restrict plugins or don't support them. [Learn more](#).

NOT APPLICABLE (1)

Hide

Document has a valid rel=canonical

Canonical links suggest which URL to show in search results. [Learn more](#).



PWA

These checks validate the aspects of a Progressive Web App. [Learn more.](#)

INSTALLABLE

▲ Web app manifest or service worker do not meet the installability requirements — 1 reason ^

Service worker is the technology that enables your app to use many Progressive Web App features, such as offline, add to homescreen, and push notifications. With proper service worker and manifest implementations, browsers can proactively prompt users to add your app to their homescreen, which can lead to higher engagement. [Learn more.](#)

Failure reason

No manifest was fetched

PWA OPTIMIZED

▲ Does not register a service worker that controls page and `start_url` ^

The service worker is the technology that enables your app to use many Progressive Web App features, such as offline, add to homescreen, and push notifications. [Learn more.](#)

▲ Is not configured for a custom splash screen Failures: No manifest was fetched. ^

A themed splash screen ensures a high-quality experience when users launch your app from their homescreens. [Learn more.](#)

▲ Does not set a theme color for the address bar. Failures: No manifest was fetched, No ``<meta name="theme-color">`` tag found. ^

The browser address bar can be themed to match your site. [Learn more.](#)

● Content is sized correctly for the viewport ^

If the width of your app's content doesn't match the width of the viewport, your app might not be optimized for mobile screens. [Learn more.](#)

● Has a `<meta name="viewport">` tag with width or initial-scale ^

A ``<meta name="viewport">`` not only optimizes your app for mobile screen sizes, but also prevents [a 300 millisecond delay to user input](#). [Learn more](#). TBT

● Provides a valid `apple-touch-icon` ^

For ideal appearance on iOS when users add a progressive web app to the home screen, define an `apple-touch-icon`. It must point to a non-transparent 192px (or 180px) square PNG. [Learn More](#).

▲ Manifest doesn't have a maskable icon No manifest was fetched ^

A maskable icon ensures that the image fills the entire shape without being letterboxed when installing the app on a device. [Learn more](#).

ADDITIONAL ITEMS TO MANUALLY CHECK (3)

Hide

○ Site works cross-browser ^

To reach the most number of users, sites should work across every major browser. [Learn more](#).

○ Page transitions don't feel like they block on the network ^

Transitions should feel snappy as you tap around, even on a slow network. This experience is key to a user's perception of performance. [Learn more](#).

○ Each page has a URL ^

Ensure individual pages are deep linkable via URL and that URLs are unique for the purpose of shareability on social media. [Learn more](#).

These checks are required by the baseline [PWA Checklist](#) but are not automatically checked by Lighthouse. They do not affect your score but it's important that you verify them manually.

📅 Captured at May 16, 2022, 7:01

PM GMT+1

🕒 Initial page load

🖥️ Emulated Moto G4 with

Lighthouse 9.3.0

🌐 Unknown

🔗 Single page load

🔗 Using HeadlessChromium

98.0.4758.102 with Ir

